

FIG. 1

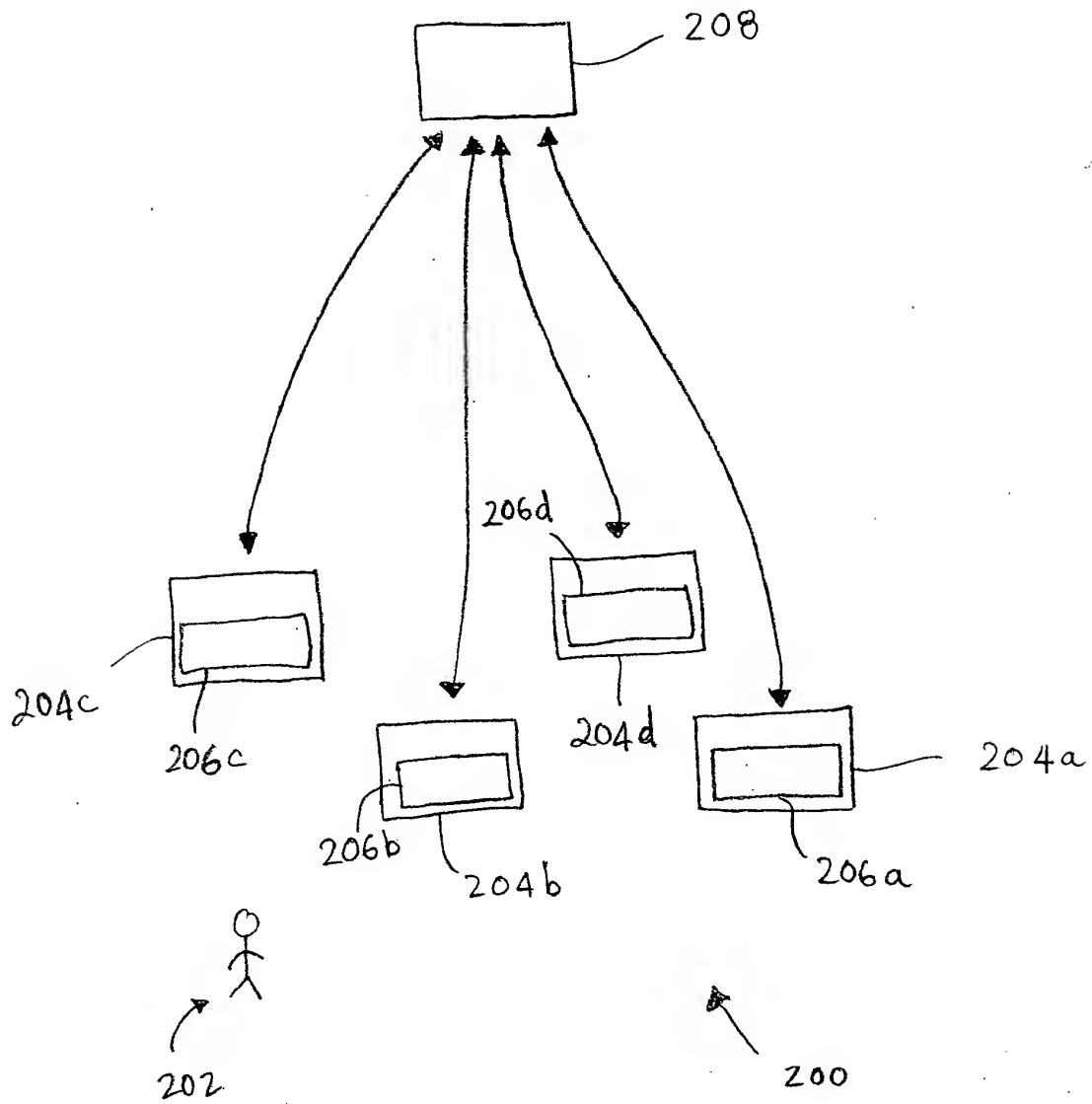


FIG. 2

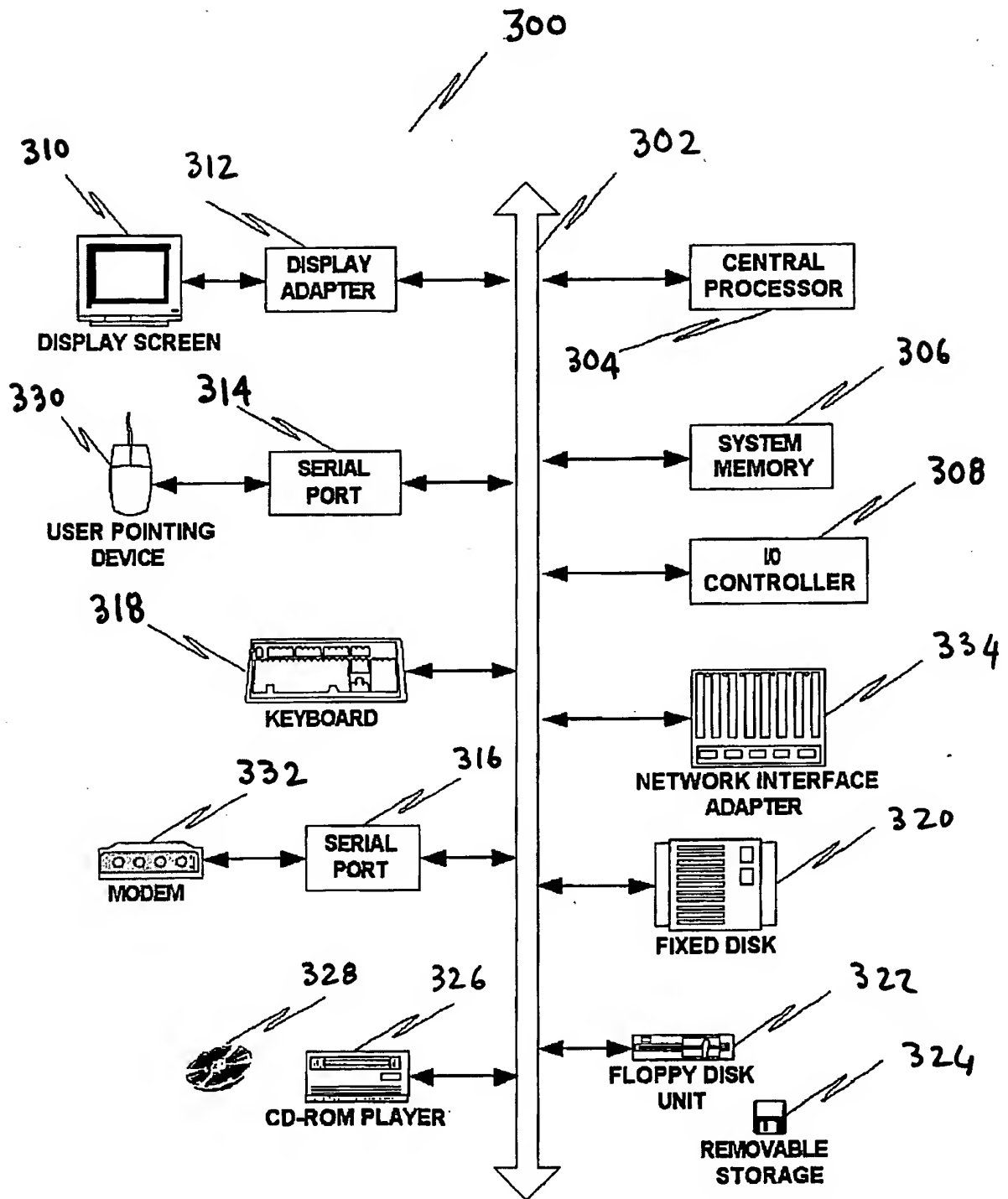


FIG. 3

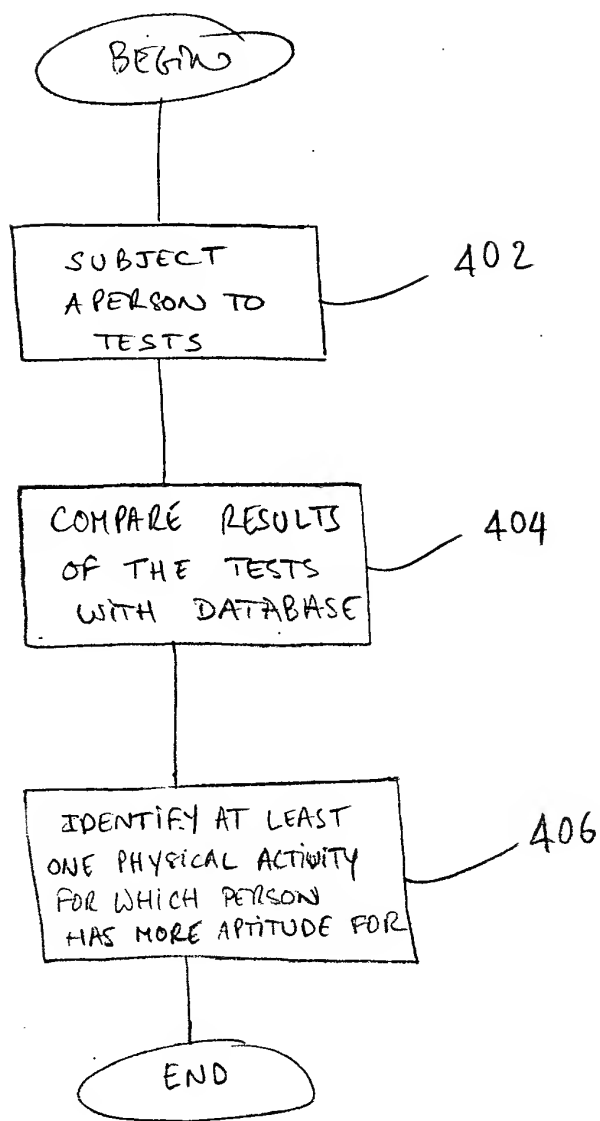


FIG. 4

Test	Label			Sprinter		Distance Runner		Weightlifter		Basketball Center		10 Year Old Boy	
				Raw	Max	Raw	Max	Raw	Max	Raw	Max	Raw	Max
RIHR	A	20	100	65	100	30	100	75	100	65	100	68	100
Height, to 1/4 inch	B	3.00	8.00	5.92	8.00	5.33	8.00	5.87	8.00	7	8.00	4.66666667	8.00
Weight, to 1/4 lb.	C	40	300	180	300	130	300	190	300	275	300	100	300
Concentration Test	D	0	100	20	100	45	100	20	100	55	100	13	100
Wobble board, average	E	0	40	9	40	18	40	15	40	14	40	16	40
Hand Speed/coord, to 1/4 inch	F	0	36	5	36	15	36	10	36	3	36	9	36
Grip strength, kg	G	1	100	55	100	20	100	19	100	65	100	24	100
Standing Height, to 1/2 inch	H	4.50	10.00	7.3	10.00	6.8	10.00	7.0	10.00	9.8	10.00	5.8	10.00
Vertical jump, to 1/2 inch	I	4.50	13.00	10.08	13.00	7.75	13.00	9.92	13.00	11.83	13.00	7.17	13.00
Standing long jump, to 1/2 inch	J	3.00	15.00	11.00	15.00	5.25	15.00	10.25	15.00	7.58	15.00	6.33	15.00
Sit and reach, to 1/4 inch	K	4.00	20.00	14.75	20.00	7.00	20.00	12.00	20.00	10.00	20.00	11.00	20.00
Foot speed/coord, to 0.01s	L	2	8	3.50	8	5.50	8	7.00	8	4.50	8	4.60	8
Pull-Ups	M	0	40	20	40	1	40	1	40	13	40	14	40
Abdominal strength, stages completed	N	0	7	4	7	3	7	3	7	4	7	3	7
25 Meter Sprint, to 0.1s	O	2	5	2.8	5	3.9	5	3.3	5	3.6	5	4.2	5
One Turn Agility Run, seconds	P	2	5	2.5	5	2.9	5	2.7	5	2.4	5	3.7	5
Skinfolds, in mm, avg													
triceps	Q	1	30	14	30	9	30	12	30	16	30	10	30
subscapular	R	1	30	10	30	7	30	9	30	12	30	7	30
suprailium	S	1	30	12	30	6	30	10	30	15	30	9	30
calf	T	1	30	12	30	8	30	12	30	15	30	8	30
Body composition, in mm, avg													
chest	U	1	30	4	30	3	30	1	30	6	30	9	30
abdomen	V	1	30	13	30	9	30	12	30	17	30	10	30
thigh	W	1	30	12	30	9	30	17	30	18	30	7	30
Bone Diameters, in cm, avg													
humorous breath	X	4	15	6.8	15	5.4	15	7.9	15	8.1	15	5.7	15
knee breath	Y	6	20	11.0	20	10.0	20	11.5	20	14.2	20	8.5	20
biacromial breath	Z	30	100	45.0	100	40.0	100	46.5	100	49.0	100	32.0	100
hip breath	AA	20	80	35.0	80	33.0	80	38.0	80	45.0	80	28.0	80
Muscle Girth, in cm, avg													
flexed biceps	BB	14	50	43	50	33	50	46	50	48	50	20	50
calf	CC	20	60	38	60	28	60	38	60	39	60	27	60
Limb Lengths, in cm, avg													
hand length	DD	10	25	19	25	16	25	21	25	24	25	15	25
arm span	EE	30	96	71	96	62	96	71	96	86	96	54	96
leg length	FF	18	48	37	48	34	48	42	48	45	48	30	48
seated height	GG	18	48	34	48	30	48	36	48	39	48	26	48
Cardiovascular Endurance, level+shuttle	HH	0	150	87	150	133	150	122	150	98	150	67	150
6 * level + shuttles													

FIG. 5

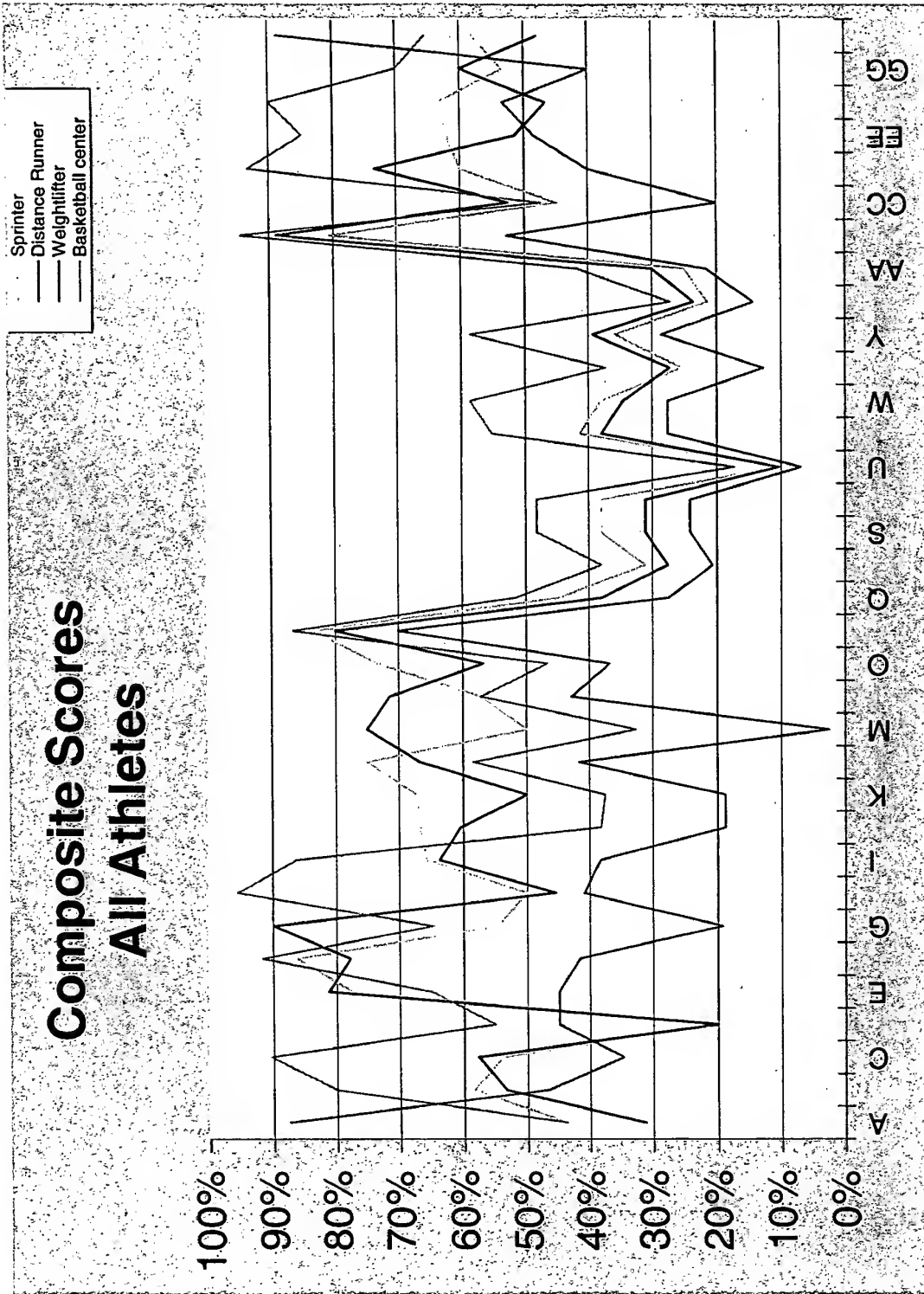


FIG. 6

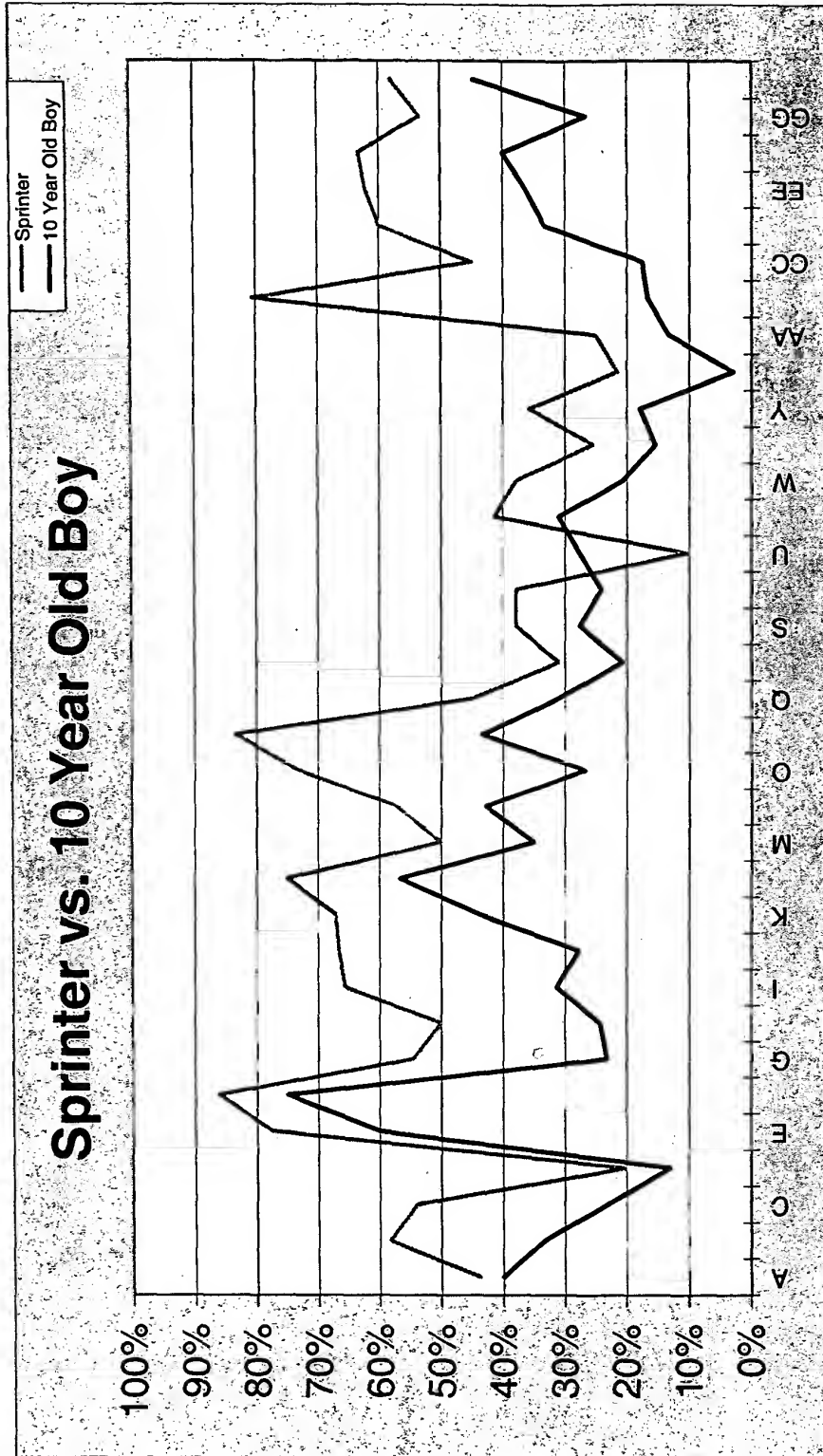


FIG. 7